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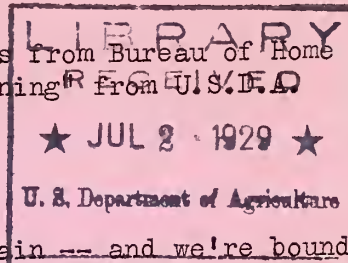


July 3, 1929.

NOT FOR PUBLICATION

Subject: "A Fourth of July Dinner." Menu and recipes from Bureau of Home Economics, U. S. D. A. "Do's and Don'ts on Ivy Poisoning" from U. S. D. A.

--ooOoo--



The glorious Fourth is about to roll around again -- and we're bound to have company, sure as shootin'. Company means a specially nice dinner, of course.

I asked the Menu Specialist what she'd suggest for dinner tomorrow, if she were expecting guests.

"I am expecting guests," said she, "and I am going to have chicken, as the main dish. Besides chicken, I'm serving new potatoes, and peas, and Swiss Chard, and Fruit Lemonade, and -- well, what shall I have for dessert, Aunt Sammy?"

"Watermelon. There's no choice, when you can get watermelon."

"Watermelon it is," said my friend. "Any more suggestions?"

"We must have a centerpiece -- are there any attractive combinations of red and white and blue flowers?"

"Yes," said the Menu Specialist. "I planned my centerpiece, before I planned the menu -- blue cornflowers, red poppies, and daisies. Won't that lend a patriotic touch to the table? And, if I can't get cornflowers, poppies, and daisies, there's another combination -- delphinium, red sweet peas, and the white flower known as baby's breath. There are many other appropriate bouquets, which might grace the table on the glorious Fourth."

Now, if you'll take your pencils and notebooks, we'll get through this dinner in a hurry. Would that it were as easy to prepare a meal, as it is to talk about it!

Let's write the menu, first: Smothered Chicken; New Potatoes; Peas; Swiss Chard; Fruit Lemonade; and Watermelon. Does that please you, ladies and gentlemen of the radio audience? Of course, if you like, you might serve a fruit cum, or fruit cocktail, to begin the dinner. Cherries and peaches, or raspberries and peaches would be appropriate. As for the fruit lemonade, it will taste better if there's a sprig of mint emerging from the top of the glass.

I shall give you direction for cooking the Smothered Chicken. If you have never served this dish, I think you'll be glad to add it to your meat dishes. Only five ingredients, for Smothered Chicken:

1 broiler chicken weighing
about 2 to 2-1/2 pounds
4 tablespoons butter

2 tablespoons flour
1/2 teaspoon salt, and
1 pint milk

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Five ingredients, for Smothered Chicken: (Repeat).

Put the chicken in a greased shallow pan, with the skin side down, and sprinkle lightly with salt. Prepare a sauce of the butter, flour, salt, and milk. Pour this sauce over the chicken. Put the pan into a moderate oven and cook for 1 hour. Turn the chicken and continue the cooking for one-half hour longer or until the chicken is tender and lightly browned. Serve from the dish in which cooked, garnished with chopped parsley. If the gravy is slightly curdled remove the chicken, add a little flour and milk, stir until well blended and smooth, add the chicken, reheat, and serve.

Is everybody familiar with Swiss Chard? Swiss Chard belongs to the same family as beets, but the edible part is all in the leaves and fleshy leaf stalks, or midribs, as a botanist would call them. Since these stalks require longer cooking than the leafy part, strip them out from the rest, cut the stalks in inch-long pieces, and cook for 10 minutes in boiling, unsalted water. Then add the green leaves and cook for a few minutes longer until both are tender. Drain, season with melted butter, pepper, and salt. Serve with vinegar or lemon juice and hard-cooked eggs or chopped, crisp bacon.

There -- our dinner recipes are concluded. Don't forget the red, white, and blue bouquet, for the center of the table, and don't forget the sprig of mint for the fruit lemonade.

To repeat the menu: Smothered Chicken, or Chicken a la Desdemona; New Potatoes; Peas; Swiss Chard; Fruit Lemonade; and Watermelon.

Now that dinner is over, we can turn to the question box. Here's an important one, from a 12-year-old youngster who wants to know whether there is any cure for poison ivy. He says he has "poison ivy all over the bottoms of his feet," and it hurts. I'll bet it does.

I shall give you some "Do's" and "Don'ts" on Ivy and Sumac Poisoning, issued by the U. S. Department of Agriculture.

In the first place, remember that the poisonous variety of ivy, and its close relatives, are all three-leaved, with the exception of poison sumac, which grows only in marshes, and wet ground.

If you are poisoned, wash carefully, and repeatedly. Do not use a fine toilet soap. An alkaline kitchen or laundry soap is better. Wash in running water; or, if in a basin, change the water frequently. Work up a good lather, and rinse it off. Repeat several times.

If the poisoning is severe, particularly if it is on the face, or near the eyes, better call a doctor.

If you know that you may be exposed to poison ivy, have your druggist fix up one of two solutions I'm going to tell you about. Apply the solution freely, to exposed parts of the body, and let it dry. Either solution is likely to neutralize the poison from ivy or sumac, before it does serious injury.

Solution Number One is made up of 5 parts of ferric chloride, in 95 parts of a half-and-half mixture of water and glycerin. (REPEAT)

Solution Number Two is 1 part of ferrous sulphate, in 5 parts of water. (REPEAT)

After poisoning appears, a 5 per cent solution of potassium permanganate is a good remedy to apply. Lemon juice is helpful in removing the dark brown stain.

For the inflammation, simple remedies, such as local applications of solutions of cooking soda, or of Epsom salts, one or two heaping teaspoons to a cup of water, are helpful. Solutions of this kind may be applied with light bandages or clean cloths, which should be kept moist, and changed and discarded frequently.

At night, clean and dry the poisoned surfaces, and leave them exposed to the air. Don't bandage them tight.

In the early stages, do not use oily ointments. They dissolve and spread the poison. After the poison has run its course, use a mild ointment -- zinc oxide for example -- to promote healing.

Friday we shall talk about jelly-making. I think I'll get the Recipe Lady to give us some facts on jelly. She's been working on it this week.

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